

THE
VIRTUES of HONEY
IN

Preventing many of the worst
DISORDERS, &c.

INTRODUCTION.

THE slight regard at this time paid to the medicinal virtues of Honey, is an instance of the neglect men shew to common objects, whatever be their value: acting in contempt, as it were, of the immediate hand of providence, which has in general made those things most frequent, which have the greatest uses; and for that very reason,

WE seek from the remotest part of the world, medicines of harsh and violent ope-



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peration, for our relief in several disorders, under which we shou'd never suffer, if we would use what the Bee collects for us at our doors; and in as many others which tho' no care could make us escape, the same innocent and pleasant juice would cure.

For the patient tortured with the gravel and stone, when common medicines fail of their effect, we seek from the Brasils, the Pareira Brava; or actuated by despair rather than hope swallow the poison of the Spanish Cantharides: drugs which while they promise relief tear to pieces the whole constitution. All the while we neglect, what is sufficiently known to those who practice physick, that he who will take a spoonful of Honey before his breakfast will never be subject to that complaint. Africa is ransacked for its nauseous Ammoniacum to give breath in Asthmas, and in extreme cases the body must be freed by blisters for relief; when this pleasant and safe medicine would answer all the purposes of the first, and save all the torments of the latter application.

THERE was a time when Honey was more us'd, because the demand rose from
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necessity. Before the knowledge of sugar, this healthful sweet supplied its place; and there are to this time countries where it has the same prerogative: Let us enquire what are the effects of this upon the peoples healths. Disorders of the lungs and breast are scarce known: Consumptions never heard of; no obstructions of the viscera are seen; and of the long list of chronic diseases scarce one or two known. The antient Gauls gave a great instance of the first of these truths, from necessity; and the modern Swiss of the other, by choice; thro' several of their Cantons. It is observable that a jaundice was never seen in those countries, where the use of Honey is at this time universal; and scarce a dropfy.

TRUTHS sought from early time, and remote countries may perhaps be less felt than those of smaller force which rise at home. There is no part of England where the use of Honey is so general as in the places just nam'd; but there are families who know its value: and amongst those we never hear of any one of those diseases.

CHAP. I.

The Nature and Origin of Honey.

HONEY, tho' we owe it to the Bee, is originally a vegetable substance. All plants contain this sweet juice: in some it is discharged pure and unmix'd into the bottoms of their flowers; in others it comes tainted with their common juices, and is by that mixture rendered disagreeable, or hurtfull. The Bees are our providers and they are excellent purveyors: they neglect those flowers wherein the Honey is debased by a mixture of other juices; and gather it only from such as hold it pure and unalter'd. The quantity each flower affords is so very small, that human industry never cou'd collect it; but these little insects are indefatigable: their numbers make the general store considerable, and we are supplied by them for all our occasions. The Bee makes no change in the nature of the Honey: such as she receives it from the flower, such she delivers it to the Hive; and the thing is the same in all respects, whether we suck it from the bottom of the flower, or take it out of the
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body of the Bee, or from the cell of the comb. What we find in the shops is often very different from this, for many tricks are play'd with it ; but in these several natural conditions of it, there is no difference.

THE antients thought, Honey dropt from the skies, and accounted it the immediate gift of heaven; but latter observations, and a better knowledge of nature have taught us now, that it is produced within the flowers, where it is found; and that there is no herb but yields it. The leaves of trees afford a sweet juice at some times; but this is not pure Honey: Bees will collect it in necessity, but it hurts all the rest. This is one occasion of the difference between the Honey of one year and of another, collected in the same place: and there are several other causes which render one parcel of it finer than the rest. According to these we distinguish it into several kinds. With the differences of these it is proper all should be acquainted, who intend to have the benefit of its virtues.

CHAP. II.

Of the several kinds of Honey.

IN the usual way of speaking we distinguish Honey only into two kinds: Which we call virgin, and common Honey. The difference between these is, only what arises from the manner of getting them from the comb. The virgin Honey being such as runs out of it self, when it is set in a position for that purpose; and the common Honey such as is pressed out of the combs with violence. This also is of two kinds, some having been pressed without heat and some with: of these the former is by far the better; but both are much inferior to the pure virgin kind.

THIS is all the difference in English Honey they must expect to find, who seek it in shops; but there are several other distinctions known to those who keep Bees according to which the Honey has more or less value: and beside what we have thus of our own produce, there is very fine Honey of different kinds brought from abroad

abroad, in general the Honey which is commonly sold is so bad; partly from a dishonest mixture of flour and other ingredients, and partly from the ill manner wherein it is procured from the combs, that it wou'd be advisable for every one who depends upon its virtues either to settle a correspondance with some honest person who keep Bees; or to purchase that which is brought from abroad.

CHAP. II.

Of English Honey; and the best kind of it for medicinal use.

THERE are three seasons of the year in which those who keep Bees in England may take the Honey: these are the months of May, July, and October. The Honey taken from the same stand of hives, at these three times of the year, will be found extremely different; and it should be kept separate under the names of spring Honey, and that of summer, and autumn. Of these three the spring Honey is vastly best, and shou'd be the only kind used as a medicine. The Bees are in their full vigour when they collect this, and the first flowers of the year from which they gather it, are in their
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glory: the summer Honey is the next in value; that of autumn is poor and will soon spoil in keeping.

THE spring Honey should be obtained freely from the comb: not by means of pressing, much less of heat. The combs should be taken out of the hive and broken into four or five pieces, these should be set slanting in a cool place for the Honey to run out: and as much as will run freely must be kept in the pan into which it was first received; tying it carefully over and setting it in a cool quiet place.

THIS Honey will be of the thickness of a syrup, no more; and of a very pale amber colour, quite clear, of a fragrant smell, and in taste of a delicate sweetness with a sharp or biting quality upon the tongue. As it stands quiet there will rise a kind of skin upon the surface; and this will remain upon it and preserve it. This Honey will never cand nor grow thicker than at first: and this is the true and proper Honey for medicinal use in England. It requires no purification, as common Honey does; and it will always sit easy on the stomach. To those who live
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in the country nothing can be so proper or so easy as to take the care of obtaining this upon themselves; for Bees may be kept with little trouble, and without expence. Those who have not this advantage, must see that it be done carefully.

THIS will be using Honey as the Bees themselves use it; for it is always covered with this kind of crust or skin in their cells: and they will never feed upon it if it be candyd. To eat Honey thus collected is the same thing, as to suck it from the flowers themselves, in which the Bees first found it. The Honey of the two seasons following, is inferior in its own nature; and if taken as it comes from the farmer, is always loaded with wax from the heat that has been given the combs, even if it be from other mixtures.

THOSE who will take due care to get the spring Honey of our country, in this perfection, need seek no farther for its full virtues: but if any be under a necessity of buying it in the shops, it will be most adviseable to purchase the foreign Honey, which has some natural superiority over ours, from the

greater fragrance and virtue of the flowers in those places where it is collected; and is always procured from the comb, in the most delicate manner.

CHAP. III.

Of Foreign Honey.

WE have Honey from many parts of the world imported into England; and all of it is called, from the name of the place whence the best is supposed to come, Narbonne Honey: this is to be had at the Italian warehouses, and of the German apothecaries in London. It is always thin, and is of a paler colour than the English; and of a more fragrant smell. This fine scent however is of a peculiar kind: it is the flavour of the flowers rather than of the Honey: as Honey in that respect, none exceeds the pure spring Honey of England. The abundance of aromatic flowers in the south of France and Italy give this flavour to the Honey; and enrich it also in some degree with their virtues so as to make it more effectual in some cases, than the very best of our own.

WE have this foreign Honey principally from three places, the south of France, Italy, and Swisserland, and the three kinds may be thus distinguished.

THE french or true narbonne Honey, is of a perfect white colour; never at all candyd; somewhat thicker than a syrup; and of a smell which perfectly resembles a mixture of thyme and lavender. This is the finest of all.

THE Italian Honey is thinner than this, or than the pure spring Honey of England: the colour enclines to amber, it is apt to cand in small roundish lumps, and its smell is fragrant, but wants the briskness of the narbone flavour.

THE Swifs Honey is thicker than either of these, but quite white; it has scarce any thing of that aromattick fragrance, which distinguishes the Narbonne and Italian kinds, but in the pure and perfect scent of Honey it exceeds them all: as it does also, in certain cases, for its virtues. These we shall consider separately in their place.

It is not to be supposed that all the Honey of these several kingdoms answers exactly to those characters, for there is better and worse, there, as with us, according to the seasons and management: but what is perfect in its kind from either of those places, will be readily known by this description.

As Honey is excellent against many diseases; and these several kinds, from their different nature, are suited in a peculiar manner, to one or other of those disorders, it appeared necessary to give this general account of their characters and differences before we proceeded to their several uses: that the person who wants their assistance in any case, may know what is exactly meant by the name of each peculiar kind.

CHAP. IV.

*Of the virtues of Honey against a tough
Phlegm.*

MANY persons, especially as they advance into years, are troubled with a tough phlegm in their throat in a morning, which makes their breathing difficult, occasions

sions them to speak hoarse and with difficulty, and brings on a continual hawking and coughing, 'till they have got it up. This is one of those complaints which does not amount to the name of a disease, and for which few consult a physician: yet it is a very troublesome and disagreeable one; painful to the person himself, and giving disgust to others.

THE complaint should not be slighted, for it will encrease; sometimes it terminates in an Asthma; and some have been carried off with an immediate death, by the consequences of it: for by the straining to bring it up, they have broke a vessel, and bled to death upon the instant. If it were asked what medicine would be a cure for this infirmity, and a safe preventer of its return, the question would be difficultly answered; but in the place of such a medicine, if the person will take honey, he may be sure both of a present relief, and a lasting cure.

THE best kind of Honey for this disorder is, that of our own produce, but it is necessary to have it in perfection. The fine English

glish spring Honey is the proper kind; and there is no need of the troublesome ceremony of taking it mixed up as a medicine. It may be eaten in its own form, and will no way do the business so well: Let the person who is troubled with this complaint, set a pot of Honey by his bed side, and the last thing at night, take a large spoonful of it into his mouth letting it go gently down. As soon as he wakes in the morning let him take another spoonful in the same manner. He will find ease the very first day, and more and more every day afterwards, 'till he is perfectly recovered.

AFTER that, he need not confine himself in a strict way to the taking it at any regular time, or in any certain quantity; but it will be adviseable now and then to eat a little of it, to prevent a tendency in the same humour to bring on a relapse: and if at any time after taking cold, or from other accidents, he perceives the complaint coming on again, he should constantly take the same quantity night and morning for some time.

It is very essential in this case to have pure and fine Honey : and if our own spring Honey cannot be got, the Swiss Honey which is sold under the general name of Narbonne, but may be distinguished by the marks before given, should be used in its place. Common Honey such as is sold at grocers may encrease the complaint which it is directed to relieve.

THERE is no argument like fact, and one instance may prove this better than a volume of reasonings. The last spring a merchant in the city, who was troubled with this complaint ; took Honey by my advice in the manner just directed. He had been cautioned to get what was good, but without any particular directions on that head, as I had not then seen the extreme difference between one kind of Honey and another. He found his complaint encrease, but he had the resolution to continue the medicine, 'till one morning he was near choaked. He constantly said, that since his taking the Honey, he had always the taste of raw flour in his throat in a morning : and he was not mistaken ; for on examining the Honey he had taken all this time, we found flour mix'd among it. This was done so clumsily, that on spreading a little of the Honey thin upon a piece of blue paper, and looking at it with

a reading glafs, we could fee the flour in fmall white lumps. There is no room for wonder at the effect this took upon the patient, for the flour thickened the phlegm in to a pafte. On taking fome tolerably good Englifh Honey afterwards he recovered.

It is difficult fometimes to difcover the frauds that have been us'd in making up of Honey, but in general what is thin and tranfparent, from whatever place it comes is the moft likely to be pure; becaufe all the common mixtures, give it thicknefs and cloudinefs.

CH A P. V.

Of the virtues of Honey againft a Hoarsenefs.

A Hoarsenefs is another of thefe troublefome complaints which does not amount to the name or nature of a difeafe, but yet is capable of making the perfon very uneafy, and is commonly a very lafting diforder: partly becaufe it is not judged confiderable enough, to need a phyfician, and partly becaufe as the medicines ufually given take no effect upon it. To be able to do any fervice in this complaint, it is neceffary to underftand its nature. The feat of a hoarsenefs, is the top of the windpipe or larynx; and the occafion of it is, a forenefs of that part and a thick-

a thickness of its natural moisture. This is always perceived by people who are hoarse, for in their endeavours to speak out, they find that part of the throat to be sore, and as it were, raw; and if at any time they can bring up a little phlegm it is as thick as jelly, and as tough as glue: and they always speak more freely after this, till more is gathered in the place. Honey is a natural and excellent remedy for this complaint, we have seen in the former chapter how great a power it has of softening and dissolving a tough phlegm; and it is also an excellent balsamick. Reason declares therefore that it is most happily suited for curing a hoarseness; and repeated experience confirms it.

PERSONS who are hoarse always are worst in a morning. This is for the same reason that those oppressed with a tough phlegm find most uneasiness at that time. In the night the humours collect themselves, and spread over the part undisturbed; and we feel their effect at rising. This directs the time which must be best for taking Honey for the cure of a hoarseness, which is the last thing at night; but it should be repeated also early in the morning; and it may be taken occasionally at any time of the day.

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IN this complaint, the more people strive to speak out, the worse they always make themselves ; consequently without great caution, the disorder will naturally encrease. Altho' night and morning are the times when the Honey is most effectual, in the general relief of the complaint, it will do service at any time of the day when wanted. Therefore if any one, who is subject to a hoarseness, is sensible that he shall have occasion to speak a great deal, let him prepare for it, by taking a spoonful of Honey. This will make him speak with more ease to himself, more intelligibly to those who are to hear him, and prevent that straining which is so apt to encrease the disorder.

AT any time when a person who is hoarse is going into company, it will be adviseable to take some of this pleasant remedy ; and if in the course of conversation he finds his voice grow worse, another spoonful of it will give him that real relief, which he would in vain endeavour to obtain by violent efforts: to speak plainer, this would tend to encrease the disorder, the other to its cure.

SPEAKING with ease and clearness must be agreeable to all persons ; but there are some to whom it is of the greatest importance. The clergyman who is to officiate in
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his duty ; and the council who must speak at the bar, may have occasion often for this assistance ; and there are others whose employment though it be frivolous in itself, yet is important in them, since it gets them breath, such as players on the stage, and singers, who are often distressed in the highest degree by hoarsenesses, which this easy medicine will perfectly cure.

Beside the usual dose of Honey to be taken night and morning. All these persons shou'd take a little of it before they enter upon their business ; and again about the middle of their several performances.

THE Italian singers who are the most delicate on this head, find that Honey alone is apt to clog the voice at first, tho' it does good afterwards ; therefore they sharpen it with a few drops of spirit of vitriol. This is very proper for those doses of honey which are taken in the day time, to prepare the person for speaking or singing immediately afterwards, but that which is taken at night and morning, will answer better alone.

THE sort of Honey that is best for a hoarseness, is the true Narbonne kind : there is a natural sharpness in this, which no other has, and which qualifies it excellently for
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the purpose. As to the quantity of spirit of vitriol, that is to be determined by the taste. It is a liquor not always of the same strength, for the chymists make it carelessly, as many drops are to be used as will give the Honey an agreeable tartness, and no more; this little secret is kept to themselves by the opera people, but as it may be useful to others, 'tis fit all should know it.

IF Narbon Honey cannot be got, any other of the pure and fine kinds will do; but the common thick Honey of the grocers must be carefully avoided; for it will do the same mischief in this case as in that of a tough morning phlegm, and will in the end encrease the disorder, by the violent efforts, it will make necessary to being heard at all.

CHAP. VI.

Of the Virtues of Honey against coughs.

THE uncertainty of our climate makes us very liable to colds; and one of the common effects of them is a cough. We slight this, because it is common: but if people in general knew the danger, they would be alarmed in time, and prevent a great deal of mischief. In young people coughs are often the first step toward consumptions;

sumptions ; and in those more advanced in life, tho' there is not this dangerous consequence, there is the very troublesome one of their becoming habitual.

THE way in which our taking cold brings on a cough is this : Perspiration is in a great measure retarded by the obstruction of the pores, and the abundant humour which should have gone off this way, falls upon the throat and lungs, where by its quantity and sharpness it creates a continual uneasiness ; and, the lungs endeavouring to throw it off, a cough is the natural effort.

HONEY is excellently calculated for the relief in this complaint, for by its sweetness and balsamick quality, it takes the sharpness of the humours off ; and it lessens the quantity also considerably, by what it carries off by urine.

IF a cough should be taken care of just at its coming on, Honey alone will usually cure it : but we are very apt to neglect it at that period ; and having gathered strength by time, some farther assistance may be necessary : but even in this case Honey is not to be slighted, for it will always do the good we expect in some degree ; and whatever be required

required beside, this is the best of all medicines, for constant use.

IN the case of a cold newly caught a spoonful of Honey is to be taken, not only night and morning, but at any time when it comes on violently. This alone will often cure it in two days.

IF the cough encrease while this is doing, 'tis a proof there is some slight degree of fever with it; and that must be conquered before the Honey can take effect. Medicines are not needed for this purpose, abstinence and exercise will be sure to answer the end, with the help of this excellent balsam. Such a cold may be starved out at any time, if a person be in all other respects in health; and the cough which attends it, will at the same time be cured by the Honey. Eat no meat, nor drink any strong liquor for two or three days; take the Honey at least twice a day, beside the night and morning dose, and walk or ride out in the warm part of the day. Take great care not to catch fresh cold, and three days will compleat the cure.

HONEY has equal virtue against a cough of long standing; only it must be taken also for a long time: disorders which have come on slowly and established themselves in the
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constitution, will require time also to go off, even with the best care. No person need to suffer a cough to fix itself on him, if he will have recourse to this medicine in time: but if by neglect or ignorance of remedies it is become habitual, a constant use of Honey four times a day, with riding every fair day two or three hours, a temperate diet, and once in a week a very gentle purge will compleat the cure. There is reason to be constant in this course, especially for young persons, because such a cough if neglected, often ends in a consumption. If Honey were of no other use, it would be inestimable even for this: we see physicians often at a stand what to do with obstinate coughs, and all their medicines prove ineffectual; whereas there is no case of this kind in which Honey is not a certain cure. The sooner the disorder is taken, the easier is the cure; but there is no period wherein with due regard to temperance and exercise, it will not answer the purpose.

The best kind of Honey for this use is the English, for there is none so pure, and consequently none so mild and balsamick, the sharpness and aromatick warmth of Narbon Honey, will sometimes make a person cough at the time of taking: it would nevertheless cure the disorder; but our own does it better.

The pure spring Honey is particularly excellent in this case; and I have always found that the newer it is, the better it takes effect. In general Honey should never be used as a medicine after it is one year old; that which is taken from the comb in May, should be used 'till the may following, and then what is left of it, should be put to other services, and fresh taken for the succeeding year.

CH A P. VII.

Of the Virtues of Honey, in curing an Asthma.

THE patient must understand his disease before he chuses his medicine: there are two distinct kinds of the Asthma, for one of which good Honey is a certain cure, tho' for the other it can do nothing. The kind which Honey cures is the Asthma properly so called, and is one of the disorders of the lungs, for all which Honey is excellent: the other kind is the convulsive Asthma, and is altogether a different distemper, it is really a nervous complaint; and has only been called an Asthma, because the symptoms, particularly the difficulty of breathing, in some degree resemble an Asthma. This is a less common disorder: the real Asthma is very frequent, and no disease is more troublesome to the patient.

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HONEY is a certain remedy provided it be taken constantly, a good kind chosen, and some care taken in the common course of life. This is worthy a careful regard on two accounts; not only as the cure for a very painful disease, but as it prevents the necessity of bleeding which is the common practice, and which ^{pro}ho' it give a present relief in this disease. ^{often} brings on worse.

THE Asthma usually is a disease of elderly people: and those who are subject to it have frequent returns; for all the methods in common use are calculated only for relief in the present fit, not for a lasting cure. 'Tis fit the old man know his case and danger: especially as this sure remedy is at hand; and as his life depends upon avoiding the other. In the extremity of a fit, the surgeon is called in to bleed a person; and this flattering practice is universal, because it gives immediate relief; but fits return often, and if bleeding is so frequently repeated, the constitution is destroyed.

WE need not tell the patient what an Asthma is; no disease shews itself so distinctly. When a man is subject to be taken at times with a wheezing, difficulty of breath, and tightness of the breast, he need not be told that he is asthmatick, but it will be

a great comfort to him, to know of so easy and pleasant a remedy as Honey.

SOME persons are continually asthmatick ; and others have the disorder at times only, in a kind of fits : this safe and pleasant remedy will cure both, only according to the nature of the disorder, it must be taken in a different manner. In both cases the difficulty of breathing goes off, when the person has spit up a tough phlegm ; and this will always be promoted by the use of Honey ; one of the most immediate and certain effects of which is, making a person cough loose and spit easy whatsoever matter it be that oppresses the lungs.

THOSE who have a continual Asthma, should take Honey always night and morning ; and every thing should be sweetened with it, wherein others use sugar. If care be taken to get good Honey this will be to the full as agreeable as sugar ; and by the use of this alone, the complaint will gradually wear off.

WITH regard to the course of life, great care must be taken to chuse a proper air. Experience will soon shew every person what air is best, and no certain rule can be given. Where he breaths easiest let him prin-

principally reside. He must lye with his head high, and not be too much covered with cloaths. He must avoid any posture of stooping or leaning forward; write upon a high desk, and read sitting upright: and he must always use some exercise; but never too much, or too violent. These cautions with a temperate diet, early rising and light suppers, will take off all occasions of an encrease of the disease; and the constant use of the Honey, will conquer what is established in the constitution.

For those who have an Asthma coming on at times, and in regular fits, the Honey will be as useful, but the nature of the disease, requires a different method of taking it.

THE fits of this kinds of Asthma usually are about three in a month; they are more violent and last longer in summer than in winter; and the more irregularly the person lives, always the worse they are. In all these cases the sooner the person begins to spit, the slighter and the easier will be that fit. Therefore Honey should be constantly taken to promote a natural tendency to this; and the approaches of the fit should be watched carefully, that it may be got down in larger doses as that comes on. If the person feels a tightness about the mouth of the stomach

two hours after dinner, this is a first sign of its coming on, and he should immediately take a large spoonful of Honey: he should sit still but upright; and in half an hour take a spoonful more. If the stomach feels swell'd and the person belches frequently, it is a continued sign of the fit gaining strength, and a straightness of the breast and lungs will soon follow. Once in two hours half a spoonful of Honey is to be taken; for three times more. Then the person should go to bed; and lie with his head high. Generally an hour or two after midnight the fit comes on with violence. He should then get up and continually be sucking down a little Honey. The heat of the bed, as well at the posture of lying encrease the complaint; therefore getting up is doubly useful; and the continual taking of Honey will promote that spitting which always carries off the fit.

If the Honey do not take effect the fit will continue two, three, or four days; the difficulty of breathing all the time continuing; and at the end of that time the person will spit up a foul matter, and grow well. In this case, the use of Honey must be continued; several times a day taking a little: the person should eat no meat, nor drink any strong liquour, and by the use of Honey it will thus go off.

IF an Asthma be taken in time, these long fits will be entirely prevented by the Honey: if it be first used when the disease is established in the constitution, it will by degrees produce the effect; shortening the fits, and gradually preventing them entirely.

WHERE the Honey alone is slow in giving relief in an Asthma an addition of great advantage may be made by a common English plant *Erysimum*. This is frequent under every hedge, with a long spike of pods stuck close to the stalk, and three or four little flowers at the top. The leaves of this beat in a mortar and mixed with an equal quantity of Honey, make a thin conserve, which I have never seen fail. The antients were fond of this herb; and that great good man, Sir Hans Sloan, tried to bring it into use again in our time, but in vain: chymical medicines have got possession of the practice, and every thing else is neglected.

THE best Honey for asthmatick people is the Italian, but any clean and pure kind will do.

CHAP. VIII.

Of the Virtues of Honey, in the Cure of Consumption.

THE great and only hope for the cure of a consumption, lies in taking it in time; and with that advantage Honey assisted by a proper course of life, will cure it entirely. Young people who will take early care of coughs by Honey, will escape consumptions often, without knowing they were in danger; and the great hope afterwards lies in a constant use of the same medicine.

A consumption naturally begins by a cold taken in the winter, which brings on at first a common cough; and that being neglected settles itself upon the lungs, which by degrees become more and more obstructed, than inflam'd, and afterwards ulcerated: a slow fever attends these last stages of the disorder, and relief comes then too late. Thin and weakly young men are most in danger of consumptions, and these principally from seventeen to three and twenty. Therefore let such persons, and especially at such time of life, avoid colds as much as possible, and take Honey upon the first appearance of a cough.

If the cough does not abate in two or three days, the person should be let blood; and from that time he must avoid most carefully all high season'd foods and strong liquors: he must ride two or three hours every day; and take a spoonful of Honey night and morning, and half a spoonful at least twice in the day beside. It rarely happens that the body becomes costive in a course of Honey, but if it does, gentle purges must be taken at times; and the Honey continued. This gentle purging is confined to the first stages of the disease; for toward the end the patient will be too weak for it. If the bad symptoms encrease in spite of Honey, temperance and exercise, issues will be needful, and very little flesh should be eaten.

WITH these cautions, Honey without rashness will be considered as a cure for consumptions: and it is very singular that physicians who have shocked the constitutions of their patients with opium and mercury, never have thought of this happy and innocent medicine, whose virtues as an aperient detergent and balsamick, they have always acknowledged tho' they never thought of employing it, where such virtues were so greatly wanted.

CHAP. IX.

Of the Virtues of Honey in the cure of the Gravel and Stone.

IF the reader wonders at those great virtues of Honey, we have mentioned in the preceding chapters, he will be more surprized at what we have to say in this: yet is the whole perfect and certain truth: Honey will at all times cure the Gravel, and as certainly prevent the Stone.

THE various degrees of this terrible complaint, all arise from one cause; which is a lodging of gravel or sand in the kidneys, or in the bladder; where it concreted into a number of small stones, or into one large one. The bad condition of the urine or the weakness of the parts may contribute to the lodgment of this gravel and to the concretion of it into stones; and against these it will be proper to guard by exercise and temperance; but there is in Honey so considerable a diuretick and detergent quality, that if constantly taken it will not suffer the gravel to lodge if none be already concreted, and if there be it will gradually and gently bring away the stones if they are of a size possible to be voided.

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WHAT Honey will do in these cases is beyond all belief, except of those who have experienced and seen it. It is not of the nature of those violent medicines which produce a vast effort at once, and often instead of relieving, miserably injure the patient: what this powerful remedy effects must be expected from a continuance of taking it, and from the slow and gradual, and therefore safe effect it takes upon the parts. Stones have been voided after a course of Honey, of such a size as has astonished the person, such as could not have been conceived capable of coming away by those passages; and this without any considerable pain; and without the least hurt to the parts, or danger of any kind.

If all who feel the effects of the gravel and stone, would take this innocent and pleasant medicine, we should hear little of these complaints: but this is not all that may reasonably be expected from a more general use of Honey. A great many people are afflicted with the gravel for years, before they are sensible what is their disorder: they are tormented with cholicks of the most terrible kind: numbnesses of the limbs, vomitings, and the most miserable depression of the spirits accompany these complaints; and they are supposed to be nervous, or of some other kind as dis-

tant from their real nature : several of these persons during a regular course of Honey, have to their prodigious astonishment voided vast quantities of red gravel, or numbers of little stones ; and from that moment found themselves freed from all their other complaints.

For these gravelly cases whether they be plainly known, or but suspected, there need not be any thing of the nature of a medicine in the taking of the Honey. It will answer the purpose perfectly well alone : it will need no mixtures ; and the best way of taking it, is every night and morning a large spoonful. The Swiss Honey is the most excellent for this purpose ; but the English Spring kind when it is perfectly good is scarce at all inferior to it. Indeed the English Honey when excellent in its kind, has so many advantages that there would be no difficulty by a proper management, to give it all the others ; and raise it to an equality, at least, with that of any country in the world. Having in some degree done justice to the value of Honey by this detail of its virtues, it may not be foreign to the purpose to consider in the remaining pages, which are the circumstances to which Honey owes its excellence, and how to obtain them in favour of that of our own country.

CHAP. X.

*Of the circumstances which tend to make
Honey fine.*

AS Honey is produced in the flowers of plants, and the Bees do no more than collect it, not making the least alteration in its nature or qualities, 'tis evident that in any place, such as the flowers are, such will be the Honey. We have seen that the generality of plants afford it pure and unaltered; but there are some which give it a certain tincture of their qualities improving or debasing it.

THE Bees in general are so delicate that they do not meddle with those flowers in which the Honey juice is unpleasant; but 'tis certain they sometimes will collect such as is unwholsome. On the other hand they are fond of aromattick sweets, and they no where collect so much Honey as in places where these are frequent. It is the quality of these aromattick plants to give some tincture of their virtues to the Honey juice lodged in their flowers, and this remains with it when human industry has taken it carefully from the comb. Upon these plain principles we may understand all the differences of Honey; and by observing the causes of its excellencies

cellencies and defects we may be enabled to procure it with all the former, and without the latter.

THE Bees when left to their own wild way of living, never fix themselves but in places where there are herbs they like: but if human authority places them where there are only bad kinds, the creatures must collect their little stores as well as they can from them. The Honey therefore will be better or worse, not only according to the country where it is produced, but as the particular spot of it where the swarm was placed, happens to be productive of plants of a better or worse nature.

ALL ages have been sensible of this truth, and the accurate Antients have gone so far as to name certain plants which gave the value to the Honey of particular places.

The first in estimation among the the Greeks was that of mount Hymettus; and 'tis not difficult to see the cause of its excellence: the lower part of that mountain is at this time, in a manner covered with a small species of wild lavender very sweet and aromatick, and the Bees are fond of the flowers of it now, and doubtless were so in those early times. We know there are plants
whole

whose fragrance is preserved in the Honey collected from their flowers, and in some degree their virtues: the aromatics are peculiar for this, and among the aromatics lavender. We learn from the antient accounts that the famous Honey of Hymettus was taken from the combs, at that season of the year when the lavender has a little while done flowering; and therefore we may conclude safely that the flowers of this plant principally supplied the Honey, and gave it this fine quality. This small kind of lavender is not peculiar to that part of the world: it is common in Italy, where they call it Spigo, and in some parts of France, particularly in Languedoc: we have been accustomed to have from them at a small price an oil distilled from it, which from the Italian name we call'd Oil of Spike. From these circumstances considered together, we may learn that we have the real Hymettian Honey at this time, though not from the same place.

CORBIERE, a village in Languedoc, is seated on a high ground, and every waste spot of the fields about it is covered with this lavender. The inhabitants keep a vast quantity of Bees, and they have but one season of the year for collecting the Honey, this is the beginning of August, when the lavender

lavender has done flowering; and this is what we receive from France under the name of Narbonne Honey: Narbonne being the nearest large town to Corbiere, and consequently the natural market.

THE Greeks say their Hymetian Honey was white, thin, clear, and fragrant with a pleasant sharpness in the taste. The true Narbonne Honey of this time is exactly such, and the plant is the same which occasions these excellencies.

EVEN in England I have once seen a Honey produced which had nearly these characters. It was on this occasion. In the summer of the year 1754, lodging at a house on Wandfor-Hill on the edge of the Battersea Fields, where they cultivate the common lavender for the markets, the master of the house kept Bees. He took the Honey of three hives while I was there, and it happened soon after the lavender season: the Honey which ran free from the comb was fragrant, a crid, and in all respects answered the character of the old Hymettian or the modern Narbonne Honey except in colour. It had some yellowness, but otherwise they could not be distinguished. Of the virtues of this, I can speak with great certainty having never found any either English or foreign that was
equal

equal to it, in the gravel. It seemed to have received the finest part of the essential oil of the lavender; and to act upon the principle of the juniper and turpentine oils, which we give on this occasion; but mild from the balsamick quality of the Honey.

THE second Honey in estimation among the antients, was that of Hybla, this they obtained from the Cyclades and Sicily, and the peculiar character of it was pure and perfect sweetness: we find it had a singular fragrance, not accute and piercing as the Hymettian, but soft and delicate. The Italian Honey of this time answers to these characters exactly; and from the same cause. There is throughout all that part of Europe, an abundance of wild Thyme, a sweet and fragrant herb, the softest of all the aromatics. The gentle fragrance we perceive in the modern Italian Honey, and which the antique Romans esteemed so much in the fam'd Hyblæan, is the pure scent of this little weed: and this we have also wild in England. The attention I have

now for many years paid to this excellent medicine, led me to try whether we might not have a Honey of this kind in England : and the event shews we may.

ON the left side of the road leading from Denham to Rickmansworth, a little more than a mile from the house of the late Sir George Hill, there is a dell or hollow just within the gate of a field, where gravel many years since was dug : the whole surface is now covered with wild Thyme, which we call Mother of Thyme, whose fragrance scents the evening air to a great distance.

HALF a quarter of a mile off, there is a farm house, where Bees are kept ; and they have an easy and quiet passage over the fields to this dell. The Honey of their hives is perfectly Hyblæan : paler than any I have seen of English produce, and of a delicate sweetness, heightened by this mild aromattick flavour.

THE Antients name a difference in their Hyblæan Honey of which they distinguished

guished two kinds, not alone from their qualities, but from the place. The Cyclades afforded the very finest; that of Sicily was of equal sweetness, but more highly aromatick. The flavour they describe is found in our Swiss Honey, and a taste accustomed to the several aromatick plants, easily perceives this to be the flavour of Origanum. This plant is common to the warmer and the colder Europe, and is equally abundant in Sardinia, in Swisserland, and in Britain: 'tis what we call Wild Marjoram, a plant more fragrant than all the kinds we nurse in gardens. I have not had an opportunity of tasting Honey, where this plant is common; but probably it will answer as the others; for the plant grows to full perfection with us; and Bees are fond of it.

As these plants give a peculiar excellence to Honey, there are others which debase, or alter its nature. 'Tis said that

in some parts of Pontus, there is a poisonous Honey. The antients speak of this, they call it the Heracleotick Honey; and the present inhabitants of that region talk of a Honey of that quality, though it is certain that very good and wholesome Honey also is produced there. We read also of a bitter Honey of Sardinia, where so excellent a kind is now produced; from the Bees taking it from wormwood: but whether either of these accounts be true, is hard to say, though there is strong tradition in their favour. This however we know by frequent observation in England, that the flowers of Heath, make Honey redish; and in Picardy they have a red Honey from the same herb which purges. This quality I have not found in the Heath Honey of England, though it has the Picard colour.

As to the fine Honey of the Antients, and those of the same character at present,

sent, 'tis evident that they are the same, the Hymettian and Narbonne Honey are one thing; the pure Italian is the true Hyblæan, the Swiss is the Sardinian: and all these we may have at home, if we will take the easy care of raising the Bees where there are plantations of these Herbs, to which they owe their qualities; or of raising the plants, which is very easy, are where our Bees kept.

THIS is in our power, and may be done without expence in two of those instances; and in a manner that will very well repay the expence in the other. The wild Thyme and Origanum require no valuable land, nor culture; they will grow on any waste spot of dry ground, where their seeds are scattered: as to the lavender it requires culture, but it will also pay for it. The price is certain at the market; nor is it a small one. The Bees attack the opening flowers; and
often

often open them from the bud for their own service : 'tis in the state of full flower the plant expected in the markets : therefore when it had served the Bees, it would be ready for the other use ; and the advantage would be double.

CHAP. XI.

Of the quantity of Honey that might be made in England.

BESIDE the excellence which may be thus given by good management to the English Honey, there is another consideration of great importance in relation to it, which is the quantity annually lost, by neglect among us. Every flower yields Honey, and every spot of ground throughout the kingdom produces these : tho' 'tis in so few places that we raise the industrious insects, that would amass it for our service. Farmers know the profit of Bees is very considerable, and the care required about them is almost nothing.

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With good management their encrease is prodigious; and 'tis not too much to say, that if a due attention was paid to this article, a few years would stock the whole kingdom. Wherever Bees are not kept nature has given Honey in the flower in vain; it perishes unused, and this is plainly thro' the whole kingdom, except a few small spots.

BESIDE the medicinal uses of Honey it might in many things supply the place of sugar: the demand for it is considerable at present; and would be greater when it was more regularly produced, and better. We import a great deal, and it is sold at a considerable price, while there is prodigious waste at home by our neglect. Indeed the price, the excellence, and the possible quantity, all plead for its becoming a more general concern: the farmers would be enriched by a general propagation of Bees, and the advantage would be every way considerable.

CHAP. XII.

Of the preparation of Honey.

WITH all these advantages it is not to be deny'd that there are some persons with whom Honey disagrees. The physicians have been sensible of the occasion, and have endeavour'd to prevent it, by purifying the Honey by common clarification.

COMMON Honey being press'd with strength from the combs, after they have been heated, has always some of the wax with it: 'tis this which renders it foul and opaque; and it is this which makes it disagree with some persons: for wax cannot be dissolved in the body: and though it will pass without trouble in strong constitutions, it often lodges by the way, and torments those who are of a more delicate habit, particularly such as are subject to hysteric and hypocondriac complaints. To
pre-

prevent this the preparation of Honey by clarifying it, it has been invented; and it is highly rational. Wax being lighter than Honey will rise to the surface when it is disengaged from the Honey by melting: and this being taken off the Honey will be more pure. It is done thus. Set a pot of water upon a clear fire, put a quantity of Honey into an earthen pan, and set that in the water within two inches of the rim. As the water heats, the Honey will melt, and a scum will rise to the top, which is wax: this must be taken off 'till no more comes up.

HONEY is thus brought nearer a pure state than it was, but it is not equal to such as run freely from the comb, without heat or force. This clarified Honey will agree with many who cannot bear the common kind; and pure Honey will agree with those, who cannot bear this.

IF there be any person whom the finest Honey disagrees with, as I have seen one or two, whose constitution seemed to have a natural antipathy to it, I have always found that the mixing with the Honey, a very small quantity of powder of cinnamon prevented this entirely.

CHAP. XIII.

Of Syrup of Capillaire.

THE Capillaire so celebrated for coughs and disorders of the breast, derives its virtue, in a manner entirely, from the Honey. Many idle receipts have been published for the making it, but the Italian kind which is finest of all, is no more than this. Pick from the stalks four ounces of fresh leaves of the true maidenhair, while they are young, and without seeds. Pour upon these a quart of boiling water. Let it stand eighteen hours; then filter it through paper, add to this four pounds of pure Honey. Boil this a few minutes and
then

then strain it through flannel. The maiden hair has very little share in the virtues of the capillaire, they are the natural virtues of Honey and no other: when it is pure and fine, it needs no addition.

CHAP. XIV.

Of the Aristæan Confection.

IT may not be foreign to the purpose of this treatise to add in the few remaining pages, the receipt for a composition of great excellence, known at this time only by name; in which Honey is a very material ingredient, though not the principal: this is the Silphian confection, invented by Aristæus a king of Sardinia in the remotest antiquity, and therefore called often his name. We find by Dioscorides that the Greeks who were excellent in pharmacy, considered Honey as the first of all dissolvents for vegetable substances: 'tis with this intent, that author directs that in the making of oil of roses,

the rose buds should be worked in the oil with hands dipt in Honey; 'twas thus they considered it, as a solvent of myrrh; and long before this it was that, upon the same principle, Aristæus us'd it as the proper dissolvent and corrector of that excellent but ill scented medicine *Affafætida*. He found Honey capable of dissolving that gumm and mixing it with ingredients which would abate its ill scent and assist its efficacy; and on this principle he invented the confection, for which he has been celebrated more than Mithridates. We find the name of it in that old Greek quoted by the scholiast of Aristophanes; and in all the writers on these subjects, to the present time. 'Tis with difficulty we trace the compositions of so early an antiquity, but the receipt of the Aristæan confection seems to have been such as this. Slice very thin four scruples of *Affafætida*, grind it in a marble mortar, with four ounces of fine Honey. Put this into a pan, and set that in a vessel

vessel of water: put the whole over a gentle fire. And let it remain, frequently stirring it, till the *Affafætida* is perfectly dissolved, then strain it through a coarse linen cloth. Then mix in a mortar one drachm of cinnamon in fine powder, two scruples of powder of ginger, one scruple of amomum cleared from the husks and rub'd also to fine powder, with the assistance of a quarter of an ounce of the finest sugar; when all are perfectly mix'd add them to the rest while it is yet warm, and mix them perfectly by long stirring. Then keep it carefully tied up for use.

A tea spoonfull of this, is a dose: and to those who can bear the taste of *Affafætida*, it is a most admirable medicine. The flavour of that drug is not to be conquer'd, though 'tis vastly softned by these ingredients; but what the great inventor meant principally, was the dissolving its substance, so as to make it readily and certainly

tainly take effect: and this it so happily answers, that although the dose here directed contains but two or three grains of the *Affafætida*, it is equal to ten in the effect, and relieves immediately.

Its peculiar virtue is in curing that flatulent cholick, to which Hypochondriac people are peculiarly subject; but it is not limited to this alone. Wherever *Affafætida* is useful, this is the best way of giving it; and besides the common excellence of that medicine against headachs, convulsions, and all the train of hysteric complaints, this is also a sovereign remedy in Asthma's, when Honey alone fails.

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